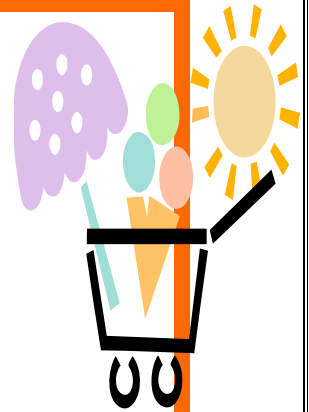


The Connected June, 2009 Vol. 100

Mission Statement: The Mission of Crisis Connection Inc. is to work in partnership with communities to empower victims, survivors & persons affected by domestic & sexual violence through confidential crisis intervention, education and advocacy in Crawford, Dubois, Orange, Perry and Spencer Counties.

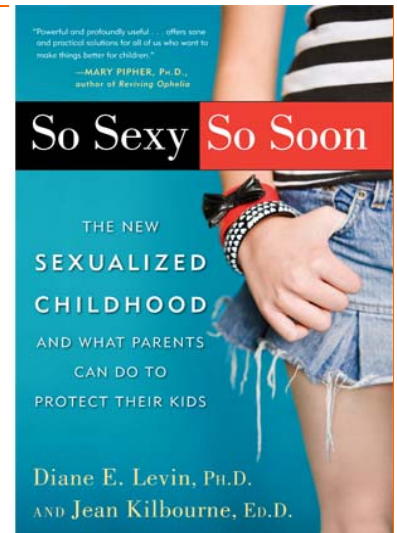
www.crisisconnectioninc.org



P.O. Box 903 Jasper, IN 47547 24-Hour Hotline 1.800.245.4580 cci@psci.net
Dubois County 812.482.1555 Perry County 812.547.8878 Spencer County 812.649.2303

SO SEXY, SO SOON

The authors of 'So Sexy, So Soon' (Diane Levin is a professor of education; Jean Kilbourne, an authority on the effects of advertising) accuse the media of sexualizing children. Youth today spend an average of nearly six and one half hours a day using media. Constantly, American children are exposed to a barrage of sexual images in television, movies, music and the Internet. They are taught young that buying certain clothes, consuming brand-name food and owning the right possessions will make them accepted and cool—and being sexy and cool is the most important thing. Young men and women are spoon-fed images that equate sex with violence, paint women as sexually subservient to men and encourage hooking up rather than meaningful connections. The result is that kids are having sex younger and with more partners than ever before. Eating disorders and body image issues are common as early as grade school. Levin and Kilbourne stress that there is nothing wrong with a young person's natural sexual awakening, but it is wrong to allow a young person's sexuality to be hijacked by corporations who want them as customers. The authors offer advice on how parents can limit children's exposure to commercialized sex, and how parents can engage kids in constructive, age-appropriate conversation about sex and the media



THEIR ADVICE INCLUDES:

- Limit exposure to sexual content in media.
- Keep up with pop culture to be aware of what youth are exposed to.
- Get beyond 'just saying no'. It limits communication.
- Help young children expand their imaginations by suggesting new ways for them to play with toys. (i.e. Instead of 'playing house' with dolls, they might send their toys on a backyard archeological adventure).
- Share your values and concerns with other adults and agree on how you'll deal with television and other media when your kids are at one another's houses.
- Establish safe channels for talking about sexual development and related issues with youth starting when they are very young.
- Counteract the narrow stereotypes of girls and boys that are so prevalent in commercial culture.
- Help children learn empathy by modeling positive and caring relationships.
- Ask your child's school to take media education seriously to counteract the sexualization of childhood.

CHECK OUT OUR WEBSITE FOR A PLETHORA OF RESOURCES ON MEDIA:

http://www.crisisconnectioninc.org/teens/media_influence_on_youth.htm

http://www.youtube.com/watch?v=pFK5L_T5KWg

<http://www.msnbc.msn.com/id/26037851/>

<http://www.commercialfreechildhood.org/articles/4thsummit/levin.htm>



HOW CAN YOU CONTINUE TO HELP BRING ABOUT SEXUAL RESPECT AND HEALTHY RELATIONSHIPS?

- **You can organize a collection drive @ your work, church, school or club to collect hotel personal care items to donate to Crisis Connection. Our volunteers prepare these items in bags for distribution to high school students as part of our ongoing "Taking Care of Yourself Inside & Out" campaign.**
- **You can organize a collection drive to gather old cell phones @ your work, church, school or club to donate to Crisis Connection. Our volunteers clear and recharge your old phones for distribution to clients so that they will always have access to 911 services. Donate a cell phone and save a life.**
- **You can 'adopt' Crisis Connection as your designated agency of choice. We supply our clients with 'start-up' items after they have decided to 'start-over.' We regularly update our ongoing wish lists on our website @ www.crisisconnectioninc.org.**
- **You can become a Crisis Connection volunteer. We are currently welcoming hotline volunteers as well as a historian. We will appreciate your inquiries @ 1.812.482.1555, 1.812.649.2303 or 1.812.547.8878. Please ask for Patty or Becky.**
- **You can plan to purchase one or more of our 'Wings of Peace' peace crane chains for those on your holiday recipient list. These beautiful, one-of-a-kind works of art are rapidly becoming a collector's item. Contact Becky @ 1.812.482.1555, 1.812.649.2303 or 1.812.547.8878, or visit our website @ www.crisisconnectioninc.org for additional information.**
- **You can commit to placing and maintaining a Crisis Connection hotline poster in every bathroom @ your work, church, school or club to enable victim's to access vital information in privacy and safety. We welcome your inquiries @ 1.812.482.1555, 1.812.649.2303 or 1.812.547.8878. Please ask for Becky.**
- **You can ask your family, friends, co-workers and fellow parishioners if they would like to receive the Crisis Connection monthly newsletter. We suppress our recipient list to protect your privacy. Please contact Joan @ joan.knies@crisisconnectioninc.org or @ 1.812.482.1555, 1.812.649.2303 or 1.812.547.8878.**
- **You can include Crisis Connection information in your company newsletter. By providing potentially life-saving information you are sending a powerful message to all of your employees: violence has no place in our community and will not be condoned.**
- **You can encourage your family, friends, co-workers and fellow parishioners who may be ordering items from Amazon.com to please access through the Crisis Connection website @ www.crisisconnectioninc.org. A percentage of every purchase made via our website is rebated to us.**
- **You can request that a presentation by our Education Department be made to your work, church, school or club on any of the topics on our website @ www.crisisconnectioninc.org. We do not charge a fee unless the presentation requires an overnight although we gratefully accept donations. Please contact Joan @ joan.knies@crisisconnectioninc.org or @ 1.812.482.1555, 1.812.649.2303 or 1.812.547.8878.**



Healthy Family Characteristics:

(From Karen Duncan's Book:
Healing from the Trauma of Childhood
Sexual Abuse: The Journey for Women)

*Never give up on anything that
you can't live a day without
thinking about!!!"*

- Define, teach, and respect each other's boundaries.
- Talk and share openly with each other.
- Do not tease and cause intentional pain to other family members.
- Understand that good humor is shared.
They are able to laugh at situations and not at each other.
- Express anger and disagreement without losing control or acting in a defensive manner. Respect individual feelings and welcome the sharing of emotions without labeling what someone else is feeling.
- Do not intrude on one another.
- Delight in each other's differences while sharing the common bond of being in a family with a shared history.
- Trust each other. They realize that when trust is broken that amends need to be made for trust to be regained.
- Apologize and take responsibility for their behavior.
- Share in the responsibilities of the family.
Each member joins in and shares appropriate household duties.
- Have parents who teach and model what being in a healthy family means.
- Show courtesy to each other.
- Have parents who grow in their own development as adults.
- Recognize what children need in order to grow in self-esteem and self-confidence.
- Devote time to play and fun.
They recognize that leisure and hobbies are important for individual growth.
- Show flexibility and consistency rather than adhering to arbitrary and authoritarian rules.
- Seek and are open to new information. They are not threatened by change or new ideas.
- Teach morals and values.
They do so without judging and condemning each other or other people.
- Share their spirituality and enhance each other's growth as spiritual people who believe in a divine influence in their lives.
- Develop and practice positive and meaningful traditions that are passed onto each generation.
- Respect privacy and model behavior that affirms the right to privacy in the home.
- Help each other in a supportive and caring manner.
- Admit to problems and seek help to solve problems when needed.
- Promote outside friendships.
- Strike a balance between joyful work and relaxing leisure.
- Compliment each other and affirm the uniqueness of each family member.
- Allow natural consequences to occur that teach through life experiences.
- Do not punish in a harsh and destructive manner.
- Seek new opportunities to promote diversity among the family members.



<http://www.theright2besafe.org/handouts.html> The Right to Be Safe (RTBS®)

LEARN EVEN MORE ABOUT FAMILY HEALTH ON OUR WEBSITE!

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

—John F. Kennedy (1917-1963); thirty-fifth President of the United States





WHAT DOES IT MEAN TO BE AN ACTIVE BYSTANDER?

A bystander is someone who is a witness to an event but is not directly involved. An ACTIVE BYSTANDER is a witness to behavior that is violent or unfair and speaks up against it. Being an active bystander means you are making a commitment to speak out against violence and make a difference.

TOOLS FOR BEING AN ACTIVE BYSTANDER: (Adapted from Alan Berkowitz)

***See violence for what it is. A lot of times, we don't want to admit that violence is happening. We often choose to ignore the situation, look away, or call it something else. It is important to remember that no one has the right to be violent, even if two people are dating. Examples of violence are grabbing someone, hitting, pushing, yelling, or calling names.**

***Violence doesn't stop violence – use words! If someone is being abusive, threatening or trying to fight the abusive person is only going to make the situation worse. Instead, ask questions like "Is everything okay?" while looking at both people. It's a way to interrupt the fight without causing more drama.**

***Don't silence or ignore the victim. Be sure that you don't put all the focus on the abuser. The victim's voice should be heard and respected. Ignoring victims makes it seem like their feelings – and voice – don't matter.**

***Learn from the situation. What could have been different? Did you respect the victim's rights? Did you avoid violence? Talk to your peers and get their perspective on the situation. Remember, violence doesn't end after one action.**

What Bystanders Can Do:

***Don't spread rumors. Don't gossip.**

***Refuse to join in when someone is being bullied or harassed.**

***Create a distraction to draw the bully or abuser away.**

***Identify others that you trust to ask for help. Don't be embarrassed to do this.**

***Common Concerns To Overcome:**

- **Fear of being ostracized or made fun of by friend for including someone new.**
- **Worries about getting involved in something that is 'not your business'.**
- **Fear that the person you reach out to might expect you to be friends.**
- **Worry that if someone sees you helping out someone outside of your friend group that you will lose social status**

WHAT ARE SOME OF THE REASONS WE DON'T INTERRUPT VIOLENCE?

"It isn't my problem." - Violence is EVERYONE's problem. We are all affected by violence in our community.

"It isn't going to change anything." - Your action is going to help others see that they can take a stand against violence. It also shows the victim she or he is not alone.

"It may make things worse, or the abuser might turn on me." - The point of being an active bystander is to help the situation calm down, not create more violence.

"Maybe I'm making a big deal out of nothing." - Any kind of violence IS a big deal, even grabbing someone's arm or yelling in their face; even calling someone names. If it seems wrong, it probably is.

"It's normal for people to fight." - While it's normal for people to disagree, violence is NOT normal and is NOT okay.

"She might have started it or deserved it." - No one chooses to be abused, and no one ever deserves to be abused.

"I'm not a 'rat'." - Being an active bystander does not mean you're being a 'rat' or that you're weak. It means you want peace.

"No one else cares that this is happening." - Many people want to see an end to violence, but are unsure of how or when to speak up.